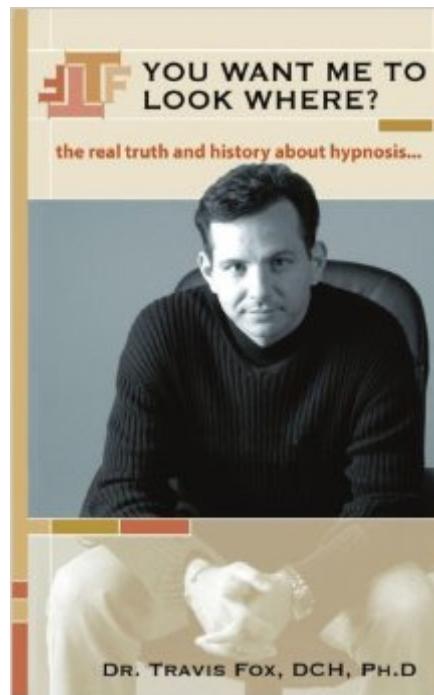


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# You Want Me To Look Where?: The Real Truth And History About Hypnosis



## Synopsis

Do you ever wonder how hypnosis works? Do you want to use hypnosis to help you improve a key aspect of your life? Let Dr. Travis Fox show you how! Originating in ancient Egypt, hypnosis has been used throughout the centuries to help people through difficult times, whether it be illness or insomnia. Dr. Fox contends that we only have one brain, yet no one teaches us how it works or how to properly use it. Dr. Fox reveals the history and development of hypnosis and discusses key concepts of hypnosis including: How the conscious and subconscious minds really work What hypnosis is and what it can do for you How to improve your sleep How to change your own bad habits The need to reprogram your own mind to create a better you For all the questions you have ever had regarding hypnosis and its history, Dr. Travis Fox provides answers and proven strategies to improve your life!

## Book Information

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